

FRONT & CENTER

JULY 2010

ENFIELD SENIOR CENTER NEWS AND ACTIVITIES

Summer Dinner Dance

Friday, July 16 • 5 pm

R \$14 **NR** \$15

Enjoy a delicious meal of Chicken Florentine, Long Grain and Wild Rice and Vegetable and a Cream Puff with Vanilla Ice Cream and Hot Fudge. After dinner, dance to the music of the Stan Scott Band.

Goldtones Summer Concert

Sunday, August 1 • 2 pm

\$5 per person

Make plans to attend a great musical performance. The Goldtones have been practicing for another incredible show. Tickets are on sale in the Senior Center office.

**Special
Savings
Offers &
Discounts
Inside**



Welcome to Enfield Senior Center

Tuesday, July 13 • 10 am

Meet in the Senior Center Library

Take a guided tour with Susan Lather, Senior Center Director. Learn about all the Enfield Senior Center has to offer and ask any questions about programs and services along the way.

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ENFIELD SENIOR CENTER

299 Elm Street, Enfield, CT 06082

PHONE: (860)763-7425 • **FAX** (860)763-7429

E-MAIL: SeniorCenter@enfield.org

WEBSITE: www.enfield-ct.gov

Scroll down to Senior Center

HOURS: Office opens at 8:30 am

Monday -Thursday 8 am to 8 pm

Friday 8 am to 5 pm

SENIOR COMMUNITY CAFÉ..(860)763-7428

For lunch reservations call by noon the day before and leave a message

SENIOR CENTER PHONE LIST:

Main Office	(860)763-7425
Craft Room.....	(860)763-7437
Fitness Room.....	(860)272-3554
Game Room	(860)272-3541
Meals on Wheels	(860)763-0400
SeniorNet Computer Learning Center ...	(860)763-7425
Trips.....	(860)763-7438



Thank You So Much!

Once again this year, we have asked for a contribution to support the programs and activities at the Enfield Senior Center. You came through! Your generosity is overwhelming. Groups joined together and pooled their money as a donation, individuals donated in memory of a loved one, and participants who use the facility contributed by sending donations. Over \$11,000 has been donated to support the Enfield Senior Center. We do not charge a membership fee and offer free programs such as Tax Assistance, Medicare Counseling, health screenings, medical equipment loan closet, support groups and many more well-used programs and services. Your contributions have made this possible. Thank you.

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Special Events & Dances

All tickets for catered events may be purchased up to the day before the event and are not sold at the door.

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Summer Dinner Dance

Friday, July 16 • 5 pm

R \$14 **NR** \$15



Enjoy a delicious meal of Chicken Florentine, Long Grain and Wild Rice and Vegetable and a Cream Puff with Vanilla Ice Cream and Hot Fudge. After dinner, dance to the

music of the Stan Scott Band.

Afternoon Dance

Friday, July 30 • 2 pm

\$3 at the door

Catch the beat and beat the heat and dance the afternoon away to the lively music of Rod Bungard. A snack is provided.

Goldtones Summer Concert

Sunday, August 1 • 2 pm

\$5 per person

Make plans to attend a great musical performance. The Goldtones have been practicing for another incredible show. Tickets are on sale in the Senior Center office.



Dominoes in the Evening

Thursday, July 15 • 4:30 pm

For our night people, join your friends for an evening of dominoes.

Crazy Whist

Thursday, July 29 • 1 pm

Lots of fun!

Dominoes

Friday, July 30 • 1 pm

Bring your set of dominoes for an enjoyable afternoon.

NEW!

Hand & Foot

Thursdays • 12:45 pm

We are just organizing this game to be played every Thursday. Drop in starting July 1.

Bocce

Mondays throughout the summer • 1 pm

If you have an extra set of bocce balls, bring them along. Register in the Senior Center office.

Horseshoes

Mondays, Wednesdays and Fridays • 10 am

Play a friendly game of horseshoes. You don't need to make a commitment to being there every day, it is a drop-in game. If you don't know how to play, someone will teach you. Horseshoes will be provided. For more information or to sign up, call the Senior Center office.



Movie & Ham Grinder

Monday, July 12 • 5 pm

\$5 per person with dinner

\$2 per person without dinner

Tonight's movie is *Remember Me*, starring Robert Pattinson & Emilie de Ravin. His relationship with his father strained in the wake of a family tragedy, rebellious New Yorker Tyler finds love with the one girl who understands him.

Movie & Popcorn

Monday, July 26 • 6 pm

\$2 per person

We'll watch: *The Last Station*, starring Christopher Plummer & Helen Mirren. The final year of Russian socialist writer Leo Tolstoy's life comes to the screen in this 2-Academy-Award nominated film.

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IN REAR

4 Jaunts & Journeys

All Enfield Senior Center trips include a professional tour company escort, driver and escort gratuities, meals and admissions as shown on the itinerary. Payment is by check only please, made out to the appropriate tour company. Unless a sign up date is listed, you may sign up in the office, as spaces remain. Stop by for trip flyers with more detailed information.

August 15 – Cape Cod Canal Dixieland Jazz Cruise

– Begin your getaway with lunch at the Beachmoor, overlooking Buttermilk Bay. Then have a swinging time aboard the Viking, listening to your Dixieland favorites played by The Bourbon Street Paraders. This 3-hour cruise departs from the Victorian village of Onset and ends at Sandwich Yacht Basin, with interesting sights along the way. *Cost is \$90 per person. Sign up in the office, as spaces remain.*

August 28 – Thar She Blows! – Boston Whale Watch

– The morning offers time on your own to explore Freedom Trail landmarks, Newbury Street or Quincy Market and have lunch. In the afternoon, take a 3-hour excursion aboard a high-speed catamaran to Stellwagen Bank, feeding ground of Humpback, Finback and Minke whales. Learn about these different types of whales and their behavior patterns from research scientists. The vessel includes a heated main cabin with galley service. *Cost is \$78 per person. Sign up in the office, as spaces remain.*

September 16 – 17 Nantucket Rail & Sail Tour

– Your package includes transportation, overnight accommodations in Hyannis, a Wine & Cheese Party, Cape Cod sightseeing, admission to the JFK Museum, the elegant Cape Cod Dinner Train, Continental Breakfast, Ferry to Nantucket, Nantucket Island Tour, free time in Nantucket, a box dinner for the

ferry, a tour escort and driver and escort gratuities. *\$339 per person, double, \$323 triple and \$399 single. Sign up in the office, as spaces remain.*

September 30 – October 7 – Swiss Highlights

– Your home base is the 5-star Montreux Palace overlooking Lake Geneva for all six nights. Journey to Zermatt, the Matterhorn, Bern, Interlaken, Geneva, Gstaad and Gruyeres. *\$3,229 per person double occupancy, \$3,199 triple or \$3,955 single. Sign up in the office.*

October 3 – 5 – Vermont Chef's on Parade

– Take your palate on a very tasteful vacation at The Essex, a 4-diamond resort and home to the New England Culinary Institute. Partake in unique experiences like a Chef's Hat Dinner Party with Wine Toast, an Interactive Dessert with the Chef including judging and prizes, a Behind the Door Kitchen Tour, Chef's Demonstration Dinner, Bonfire with S'mores and Sing-a-long, Back Roads Tour of Vermont, free time for shopping and more. What fun! *Cost is \$399 person for double occupancy and \$611 for single. You may sign up in the office.*

November 4 – A Taste of Germany in the Catskills

– Journey to the Northern Catskill Mountains for scenery comparable to the Black Forest Region and enjoy a meal and atmosphere reminiscent of Germany. Upon arrival, a wine and

beer tasting along with musical entertainment awaits. The chef will demonstrate Spaetzle making and share his recipe. Lunch is a feast of German specialties including Sauerbraten, Wienerschnitzel and Apple Strudel. Shop at the Catskill Country Store on the way home. *Cost is \$79 per person. Sign up date is Thursday, September 16, 10 – 11 am and after in the office as spaces remain.*

November 18 – Elisabeth von Trapp at the "Kate"

– Delight in the hauntingly clear and lovely voice of the granddaughter of Maria and Baron von Trapp, whose story inspired the Sound of Music. This pre-holiday performance is offered at the new and intimate Katharine Hepburn Cultural Arts Center & Museum in Old Saybrook. Lunch is included at the Riverhouse at Goodspeed Station in Haddam, overlooking the Connecticut River and the Goodspeed Opera House. *Cost is \$99 per person. Sign up date is Thursday, September 30 from 10 – 11 am and after in the office as spaces remain.*

Upcoming trips with details to follow:

September 1: New York by Wheel and Water

October: A Jack O'Lantern Extravaganza

November: Stocking Stuffer in Boston

December: Classic Connecticut Holiday Homes

December 14: Boar's Head Feast at the Williams Inn

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- Crowns & Bridges
- Oral Surgery
- Periodontics
- Endodontics
- Teeth Whitening
- Immediate Emergency Dental Care

**We'll Give You
a Winning Smile!**

Seminars & Meetings

Wednesdays at One
Please register in advance for all seminars in
the Senior Center office or call 763-7425

5

Heart Truth for Women

Wednesday, July 7 • 1 pm

*Presented by Home & Community
Health Services*

Heart disease is the #1 killer of American women, but many women don't realize they are at risk. Learn what it is, what the risk factors are, how to talk to your doctor and how to take action to lower your risk. Remember heart disease doesn't occur just in women; this presentation is important for men too.

What Happens When You Call an Ambulance?

Wednesday, July 14 • 1 pm

*Presented by Kevin Sullivan,
EMS Director for Town of Enfield*

Find out the answers to all of your questions including what information to have when you call, how the call is handled, and what costs are covered by insurance.

Home Safety

Wednesday, July 21 • 1 pm

Presented by SeniorSafe New England, LLC

Learn the importance of proper lighting and secure walkways in reducing the risk of falls. Receive a checklist to check your own house to get around these dangers. Get information on bathroom safety as it is the most dangerous room in the house. Find out things that can be done to update that room for optimal safety, including grab bars or handrails, tub to shower or tub to walk-in tub conversions as well as non-slip flooring enhancements and their cost.

Lymphedema

Wednesday, July 28 • 1 pm

Presented by Jennifer L. Meier, MPT

The latest techniques for managing Lymphedema will be discussed.

Opportunities to Learn

Welcome to Enfield Senior Center

Tuesday, July 13 • 10 am

Meet in the Senior Center Library

Take a guided tour with Susan Lather, Senior Center Director. Learn about all the Enfield Senior Center has to offer and ask any questions about programs and services along the way.

Successful Aging

Wednesday, July 14 • 2:30 pm

Presented by Dr. Maria Renna

Dr. Renna specializes in Geriatric Medicine and will discuss how you can navigate through the aging process. You can manage behaviors now to age successfully. Learn how.

Fiscal Fitness Retirement Planning Workshop

Monday, August 2 • 6:30 pm

*Presented by Registered Investment
Advisor Zach Karas*

Learn the three Do's of planning for retirement. Define your goals, develop a plan and demonstrate your awareness. Understand the basics and options of investing including asset allocation, rebalancing, and general economic overview.

Art Appreciation Series

Thursdays • 1 pm

No charge. Please register in advance.



Jenna Verheyen is an Enfield resident who teaches high school social studies. Her undergraduate minor was Art History and she studied in Florence. She has always had an interest in art and she will share her enthusiasm in this 5-week series.

Thursday, July 8 – Early Art

Thursday, July 15 – Medieval Art

Thursday, July 29 – Overview of Italian Art

Thursday, August 5 – DaVinci and Michelangelo

Thursday, August 12 – Modern Art

Prepare for the Unexpected: Being Ready for Unplanned Hospital Visits

Thursday, July 15 • 7 pm



*Presented by Michael
Lindberg, MD, Director,
Department of Medicine,
Hartford Hospital*

Learn how you can work with your doctor to prepare for unexpected hospitalization, what to expect if you are hospitalized, how to

collaborate with the team caring for you in the hospital, and how to set goals with your doctor and hospital staff.



Felician Adult Day Care

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The Felician Adult Day Care is Enfield's best kept secret. The center is located on the beautiful Our Lady of Angel Convent grounds in Enfield, Connecticut. Today the center gives cognitive impaired adults and their caregivers an innovative choice in health care. The center is a small home model in a historic mansion on the Felician grounds. The center has a high staff/client ratio that allows safe, warm, individualized care without the sterility or overstimulation of an institutional type setting. The centers capacity is twenty five clients with full time nursing supervision.

Our focus is on...

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- Zen yoga
- Gardening
- Montessori activity for Alzheimer adults
- Life patterned rhythmic programming
- Sensory stimulation
- Dementia trained staff

- High staff ratios
- Mansion home like setting
- Expansive serene grounds for outside activities
- Daily devotions and respite for families
- Full time certified dementia care nurse specialist
- Client and family care planning

Currently enrolling new clients. Space is limited.

Call for more information • 860-745-2542 • or visit us at www.felicianadulthoodcare.org

6 AARP, Clubs & Groups

AARP Chapter 3062 Meeting
No meeting in July

Monthly Potluck Supper
Wednesday, July 14 • 5:30 pm

PRESIDENT:

Ronald Gregory 860-749-7877

TRIPS:

Carol Welsh 860-745-6294

AARP Driver Safety Classes
Enfield Senior Center • 1 - 5 pm
Wednesday & Thursday,
September 29 & 30
Call 860-741-5233 to register

Armchair Birders

Thursday, July 8 • 6 pm

Exchange feeding tips, get help identifying the birds at your feeder and birds you might see locally, and enjoy the camaraderie of fellow wildlife enthusiasts.

Book Discussion Group

Tuesday, July 20 • 5 pm

The July book is:

Olive Kitteridge, by Elizabeth Strout

Books are placed on reserve at the Enfield Public Library on Middle Road and are available the first week of any given month. Books are to be returned the day after our book discussion meeting.

Coin Club

Monday, July 12 • 2 pm

The Coin Club discusses the popular hobby on the second Monday of every month. No coins are bought or sold. New members are encouraged to stop in.

Current Events Discussion Group

Monday, July 12 & 26 • 2:30 pm

Join our group for lively discussions of world events. A different topic will be covered at every meeting. New members always welcome.

Investment Club

Thursday, July 22 • 2 pm

Share information and discuss smart investment strategies. No money is collected or pooled, as this group meets for discussion only.

Enfield Single Seniors

Wednesday, July 21 • 6 pm

Join our group in the Senior Center Dining Room for:

- Socialization
- Outings
- Icebreakers
- Just plain fun

For information, call Ben Perreault,
Coordinator 860-745-4261

French Conversation Group

Tuesday, July 20 • 9:30 am

If you have a French Canadian heritage and would like to parler-vous Francais, join us for a cup of coffee in the Dining Room and meet some new friends.

Goldtones Choral Group

Thursdays • 10 am

Lend your voice to this group. Throughout the year the group entertains at area nursing homes and senior centers. They rehearse all year to present programs appropriate to the season, and conduct an annual concert.

Italian Conversation Group

Fridays • 9:30 am

Talk about Italy, practice your Italian, or just have a cup of coffee with some friendly Italian speakers. *No need to register, just stop by.*

Polish Conversation Group

Thursday, July 15 • 2 pm

If you speak Polish, but don't often get a chance to use it, please join our group to converse with others and enjoy your Polish heritage.

Train Club

Tuesday, July 27 • 6:30 pm

A hobby club for train enthusiasts. Socialize with others who share your interest in trains.



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Bereavement Support

This group, facilitated by trained grief counselors from Home & Community Health Services, Inc., offers support for anyone who has suffered loss.
Call 860-763-7600 to sign up or obtain more information.

Blood Pressure Screenings

Wednesdays • 11 am - Noon

Free blood pressures are taken by Visiting Nurse & Health Services of CT and Home & Community Health Services, Inc. No appointment needed, just stop in.

Blood Pressure Screenings - Evenings

Wednesday, July 14 • 6 - 7 pm

Stop in for this free service provided by Visiting Nurse & Health Services of CT.

Diabetes Support Group

Thursday, July 8 • 1 - 2 pm
Sponsored by Visiting Nurse & Health Services of CT.

If you or a loved one live with Diabetes and are looking for more help from others who share the same problem then please join us. We meet the second Thursday of every month.



Foot Care Clinic

Friday, July 9 • 8:30 am - 3 pm
by appointment only

Registered nurses from Pedi-Care trim nails and check for foot health problems. Cost is \$28. Home visits available for homebound seniors.

Foot Care Clinic - Evenings

Wednesday, July 14 • 3:30 - 7:30 pm
by appointment only

This same wonderful service is now available with convenient evening hours. Cost is \$28.

Hearing Screening

Friday, July 2 • 12:30 - 3 pm
Call 860-763-7425 for appointment



Free screening performed by the Hear Again Center on the first Friday of every month.



Stroke Support Group

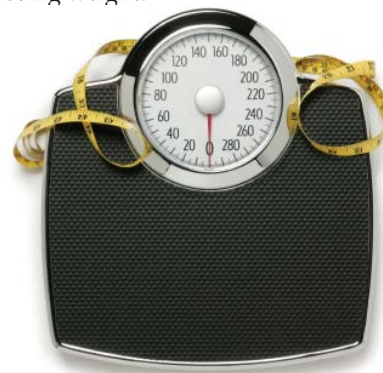
Tuesday, July 13 • 10 am

Join others for support, friendship, laughter and education. Facilitated by Visiting Nurse & Health Services of CT. If you have any questions, please call: Sandie Pino, MSW, LCSW
Visiting Nurse & Health Services of CT
- 860 872-9163

T.O.P.S.

Wednesdays • 1:30 - 3 pm

Take off pounds sensibly. Meet with others for support and strategies for losing weight.



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8 Ongoing Programs at the Enfield Senior Center

PROGRAM	DAY	TIME
ONGOING RECREATION		
Billiards Three championship tables are available for daily games. Come in anytime to play.	Every Day	
Bingo \$150 Early Bird Bonanza, 4 \$100 specials, winner-take-all, weekly progressive game up to \$2000, and free quickie game. All proceeds benefit Senior Center programs & services.	Tuesdays	6:30 pm Doors open 5 pm
Bingo Night Supper You don't have to play Bingo to enjoy our Tuesday night suppers. We have weekly specials for \$4 plus grilled cheese sandwiches, hotdogs, hamburgers, french fries, onion rings & desserts. Ice cream sundaes available during the Bingo game intermission.	Tuesdays	5 to 6 pm
Bridge Drop in for contract bridge.	Thursdays	12:30-3:30 pm
Canasta If it's been awhile since you've played, we'll help refresh your skills for this enjoyable game.	Mondays	10 am - Noon
Cribbage Learn the game, brush up your skills, and spend an enjoyable afternoon playing.	1st & 3rd Mondays	1-3 pm
Fun Bingo An informal game with small cash prizes.	Wednesdays	10:30 - 11:30 am
Mahjong All levels welcome.	Wednesdays	1-3 pm
Pinochle Others will help if you haven't played in awhile.	Wed. / Fri.	12:45 - 4 pm
Setback Join us for instruction and play.	Tuesdays	12:45-3:45 pm
Wii Bowling – Beginner Drop in. Meet new friends. Learn to play.	Mondays	5-7 pm
Wii Bowling-Just for Fun Stay fit, & learn to bowl using the Nintendo Wii! Drop in any time. No registration required.	Wednesdays	5-7 pm
Wii Bowling-Competitive We will begin at 5 pm by choosing teams and then the play begins. Bring your best game.	Thursdays	5-8 pm
ONGOING ARTS & CRAFTS – PROGRAMS ARE FREE		
Busy Fingers if you like to knit or crochet, join this group. Create items for the Little Treasures Gift Shop and craft fairs.	Wednesdays	10 am - Noon
Craft Fair Crafters Join our volunteers to make handmade gifts for our gift shop & future craft fairs. All skills and talents are invited-sewers, knitters, painters, crafters, gluers - beginner or advanced.	Mondays	9:30 am - Noon
Embroidery All skill levels of needle workers are welcome to make items for themselves or the Center Gift Shop.	Wednesdays	9-11 am
Heritage Group Crafts people of all skills and interests are welcome to join.	Tuesdays	10 am - Noon
Painting Studio Join other painters for this once-a-month painting studio. The Painting Studio welcomes all who enjoy the inspiration and camaraderie of working with fellow artists, whether it be in oils, acrylics or watercolors. You will need to bring all your supplies, but easels are available.	1st Friday of the month	12:30 - 4 pm
Sassy Sewers Quilters and sewers! Come and share ideas, swap fabric, and show and tell.	2nd & 4th Tuesdays	1 - 3 pm
Woodcarving Meet in the Game Room to carve away the morning, share ideas, and swap patterns and techniques. All levels welcome.	Tuesdays	9 am - Noon

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Dining Out Around Town

****All offers are valid "any" day of the week during regular business hours unless otherwise noted. Offers cannot be combined with any other offer. One Coupon or Offer with each party or group. Offers expire July 31, 2010 unless otherwise noted.**

9

BURGER KING

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Cannot be combined with any other offer or discount. Offer expires 7/31/10

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Sunday - Saturday
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Dine-In Only • Higher price prevails
Expires 7/31/2010

Mama Miro's
Pizzeria Restaurant

117 Hazard Avenue, Enfield
M-Th 11am - 10pm • F-Sat 11am - 11pm

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10 Programs & Services



Residents



Non-Residents

Log on at www.enfield-ct.gov scroll down to **senior center**

AARP Senior Safe Driving

Class dates announced in area newspapers
Trained AARP volunteers conduct classroom driver training for anyone 55 or older. Auto insurance companies offer discounts to those who take this course.

Community Café

Weekdays at 12:00 pm in Senior Center Dining Room for those 60 yrs. and older
Reservations: Call 860-763-7428 by noon the day before & leave message
Menus available in the lobby and on our website. Suggested donation is \$2.

Dept. of Social Services Assistance

5 No. Main Street, Enfield • 860-253-9024

An eligibility services supervisor is now located at the Mary Lou Strom Primary Care Center in Enfield on Mondays from 8:30 am to 4 pm to offer help with all state assistance programs. Call for an appointment.

Dial-a-Ride

Enfield Senior Center • 860-272-3545
Transportation for Enfield residents over the age of 60 and/or permanently disabled to destinations within town; and, through volunteers, to out-of-town medical appointments.

Little Treasures Gift Shop

Open during Senior Center hours
Shop for baby outfits, blankets, afghans and other gift items handcrafted by our talented group of seniors, as well as small trinkets and treasures.

Enfield Adult Day Center

1A Beech Road, Enfield • 860-763-7538
As a certified medical model we offer assistance with medication administration, personal care, socialization, exercise, entertainment and hot meals. We staff Certified Nursing Assistants, Registered Nurses, Therapeutic Recreation Director, and a Social Worker. Call or visit for more information.

Enfield Housing Authority

110 South Road, Enfield • 860-745-7493
Info about elderly and subsidized housing.

Food Shelf

96 Alden Avenue, Enfield • 860-741-7321
Donations welcomed at the Food Shelf or leave non-perishables at the Senior Center during our regular hours.

Friends of the Enfield Senior Center

A nonprofit 501(c)(3) organization in support of the Enfield Senior Center. They Sponsor the Senior Lifestyle Expo, schedule trips each year, and accept donations and memorials to further the mission of the Senior Center. A very large portion of their funds is generated by the Tuesday evening Bingo game and donations are used to purchase needed items for the Center.

ITNNorthCentralConnecticut
Tuesdays • 3 - 4:30 pm
860-758-7833

Learn about alternative transportation for seniors and visually impaired adults.

Loaves and Fishes Soup Kitchen

St. Andrew's Church, 28 Prospect St
860-741-0226

Free meals served Sunday to Friday, 4 - 5 pm, and Saturday 11 am - Noon.
www.enfieldloavesandfishes.com.

Meals on Wheels

Office at Enfield Senior Center
860-763-0400 - leave message
Daily meals and light suppers are delivered weekdays to homebound seniors. Call Coordinator for information.

Medical Equipment Loan Closet

Elevated toilet seats, commodes, bath transfer benches, walkers and other medical equipment are available on loan, free of charge, for up to eight weeks.

Medicare & Part D Assistance

Fridays • 9 - 11 am by appointment

Trained CHOICES volunteers offer information about options available with Medicare, supplemental insurance and Part D and assist with filing and processing claims.

Neighborhood Services

100 High Street, Enfield • 860-253-6396
Help with all entitlement programs.

Social Security Assistance

Thursdays • 10 am - 1 pm
or call 1-800-772-1213
A Social Security representative conducts office hours at the Senior Center to handle all Social Security problems. You may also call their toll-free number between 7 am and 7 pm.

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Card Making

Friday • 9:30 - 11:30 am

July 23 1 class

R \$3 **NR** \$4

No class July 9

August 27 1 class

R \$3 **NR** \$4

No class August 13

We'll make the following: June 11-Inspiration Cards; June 25-Thank You Cards; July 23-Christmas in July; and August 13-All Occasion cards.

Cards with Valorie

Monday • 6 - 8 pm

July 12 & 26 2 classes

R \$6 **NR** \$8

August 9 & 30 2 classes

R \$6 **NR** \$8

Join us to create handmade greeting cards using rubber stamps and embellishments. There is a special project for each class and you will complete four cards with envelopes in each class. Supply cost of \$4 per class payable to instructor.

Ceramics

Thursdays • 9 am - Noon

No classes July



Learn ceramics, from preparing greenware to finishing or firing the piece. Greenware & firing extra.



Jewelry - Mornings

Friday • 9:30 - 11:30 am

July 16 & August 20

Each class **R** \$3 **NR** \$4

Jewelry - Evenings

Thursday • 5:30 - 7:30 pm

July 15 & August 19

Each class **R** \$3 **NR** \$4

You may register for individual classes

Make a bracelet, necklace or earrings, or restore a cherished piece of jewelry. Create special one-of-a-kind gifts and beaded accessories from our instructor's huge selection of beads.



Jewelry Workshop

Thursday • 1:30 - 7:30 pm

July 15 1 class

R \$8 **NR** \$9

Join us for a 6-hour workshop devoted just to making jewelry. Spend the afternoon and evening relaxing and crafting beautiful one-of-a-kind jewelry pieces to give as gifts or to treat yourself. The price of this all-day workshop includes pizza and beverage for dinner.

Make It & Take It Scrapbook Page

Tuesday • 1:30 - 3:30 pm

July 20 & August 17

Each class **R** \$3 **NR** \$4

You may register for individual classes

Create pages to showcase special photos. Different themes and techniques will be used.

Scrapbook Crop

Tuesdays • 1:30 - 4 pm

August 3

No class in July

Each class **R** \$3 **NR** \$4

You may register for individual classes

Organize your photos and get them into your scrapbooks. Join us to share ideas. If you have never scrapbooked before and have photographs in drawers, shoeboxes, magnetic albums and closets, join us to learn how to preserve and enjoy all those memories.

Summer Scrapbook & Card Making Workshop

Friday, July 30 • 9 am - 3 pm

\$10 per person

This workshop includes continental breakfast, lunch, snacks and beverages. Join us for an all-day scrapbook and card making workshop. Get out of the heat and start scrappin' your backlog of photos or get a start on making your holiday greeting cards. This will be a great day to share ideas and get caught up. Get your ticket early to guarantee a seat, as space is limited. Tickets available in office.



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12 Fitness Programs

R Residents **NR** Non-Residents

Log on at www.enfield-ct.gov scroll down to **senior center**

PRIME Fitness Center

Mon to Thurs • 8 am - 8 pm

Friday • 8 am - 4:30 pm

PRIME Fitness at the Enfield Senior Center makes fitness comfortable, safe and fun. Experienced Fitness Assistants staff the fitness center, design a program tailored to your needs and answer any questions you have.

Membership Options

Choose the PRIME Fitness membership fee that works for you and your schedule.

\$25 for a month

\$60 for 3 months

\$100 for 6 months

\$150 for a year – Half the cost of a monthly membership!

New Member Package includes:

- One hour individualized program design consultation
- Training on all machines
- Program supervision and supervised workout
- Optional Fitness Assessment

To schedule an appointment with a Fitness Assistant or for an answer to any questions, call (860)272-3554.

Chair Exercises

Mon, Wed & Friday • 11 am - Noon

Free

No Chair Exercises on Friday, July 9

Improve flexibility, coordination & stamina.

Jan's Exercise

Mon. Wed. & Fri. • 9 - 10 am

July 2 - 30

1-day 5 classes

R \$17 **NR** \$22

2-day 9 classes

R \$27 **NR** \$36

3-day 12 classes

R \$33 **NR** \$44

August 2 - 27

1-day 4 classes

R \$14 **NR** \$18

2-day 8 classes

R \$24 **NR** \$32

3-day 12 classes

R \$33 **NR** \$44

Stretches for every part of the body.

This class meets on Monday, Wednesday and Friday, allowing you the flexibility to attend any day the class meets up to the maximum number for which you are enrolled.

Evening Line Dance - Beginner

Wednesdays • 7 - 8 pm

July 7 - 28 4 classes

R \$12 **NR** \$16

August 4 - 25 4 classes

R \$12 **NR** \$16

This class is designed for individuals who either have no experience or some experience in Line Dancing. You will learn the basics and beyond for a rewarding and fun-filled experience.

Introduction to Line Dancing

Thursdays • 4 - 5 pm

July 1 - 29 5 classes

R \$15 **NR** \$20

August 5 - 26 4 classes

R \$12 **NR** \$16

For those who have no experience and would like to learn the very basics.

Line Dancing - Advanced Beginner

Mondays • 2:15 - 3:15 pm

July 12 - 26 3 classes

R \$9 **NR** \$12

August 2 - 23 4 classes

R \$12 **NR** \$16

For those who have some experience and would like to learn beyond the basics.

Line Dancing - Intermediate

Mondays • 1 - 2 pm

July 12 - 26 3 classes

R \$9 **NR** \$12

August 2 - 23 4 classes

R \$12 **NR** \$16

Come join fellow line dancers to practice together and learn more intricate steps.

Zumba Dance

Wednesdays • 6 - 7 pm

July 7 - 28 4 classes

R \$16 **NR** \$20

August 4 - 25 4 classes

R \$16 **NR** \$20

Latin rhythms and easy-to-follow moves create an exciting workout for those over 50.

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Silver Sneakers Muscular Strengthening & Range of Motion

Mondays • 3:30 - 4:30

July 12 - Aug 23 7 classes

R \$21 **NR** \$28

Wednesdays • 10:30 - 12:30

July 7 - Aug 25 8 classes

R \$24 **NR** \$32

No charge for Silver Sneakers members

Increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Silver Sneakers YogaStretch

Tuesdays • 12:30 - 1:30

July 6 - Aug 24 8 classes

R \$24 **NR** \$32

No charge for Silver Sneakers members

Move your body through seated and standing yoga poses. Chair support is offered to perform postures designed to increase flexibility, balance and range of movement. Breathing exercises and relaxation will promote stress reduction and mental clarity. No floor work will be done.

Stretch, Roll & Strengthen with Dan

Tuesdays • 10:30 - 11:30 am

July 6 - 27 4 classes

R \$12 **NR** \$16

August 3 - 24 4 classes

R \$12 **NR** \$16

Learn to use the stability ball, hand weights and resistance tubing for an all-over body stimulating exercise session.

Simply Stretch & Strengthen with Lynne

Mondays • 10:30 - 11:30 am

July 12 - 26 3 classes

R \$9 **NR** \$12

No class July 5

August 2 - 23 4 classes

R \$12 **NR** \$16

Fridays • 10:30 - 11:30 am

July 2 - 30 5 classes

R \$15 **NR** \$20

August 6 - 27 4 classes

R \$12 **NR** \$16

Stretch and strengthen your body, relax and revitalize with breathing exercises, and improve your balance and posture. For all ability levels and will not involve mat work or getting down on the floor.

Introduction to Tai Chi

Wednesdays • 4 - 5 p.m.

July 7 - Aug 25 8 classes

R \$24 **NR** \$32

This class is for the absolute beginner. Learn the basics of Tai Chi. After this class you may wish to progress to the Advanced Beginner class.

Tai Chi - Advanced Beginner

Tuesdays • 8:45 - 9:45 am

July 6 - 27 4 classes

R \$16 **NR** \$20

Aug 3 - 24 4 classes

R \$16 **NR** \$20

For individuals with some experience in Tai Chi and would like to learn beyond the basics.

Tai Chi - Intermediate

Thursdays • 8:45 - 9:45 am

No classes in July & August

Yoga Gentle

Tuesdays • 11 am - Noon

July 6 - 27 4 classes

R \$12 **NR** \$16

August 3 - 24 4 classes

R \$12 **NR** \$16

An enjoyable series of stretches & movements leave you energized & relaxed.

Yoga Intermediate

Tuesdays • 10 - 11 am

July 6 - 27 4 classes

R \$12 **NR** \$16

August 3 - 24 4 classes

R \$12 **NR** \$16

Learn additional modified sun salutations and advance further in your yoga practice.

Yoga Intermediate - Evenings

Thursdays • 6 - 7 pm

July 1 - 29 5 classes

R \$15 **NR** \$20

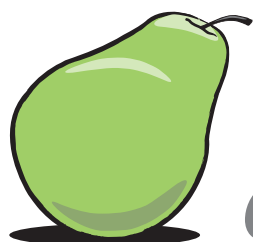
August 5 - 26 4 classes

R \$12 **NR** \$16

Learn additional modified sun salutations and advance further in your yoga practice.



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14 SeniorNet Computer Classes



Residents



Non-Residents

Log on at www.enfield-ct.gov scroll down to **senior center**

Computer Animation 101

Wednesdays • 6:30 - 8 pm

Aug 18 - Oct 6..... 8 classes

R \$24 **NR** \$32

Learn how to create 3-D computer visualizations and animate them. This class is aimed toward those who want to take computer graphics to the next level.

Prerequisite: Introduction to Computer Graphics, Levels 1 or 2 or prior experience with Photoshop Elements, PowerPoint, Adobe PageMaker, Google Picasa, or equivalent applications.

Computers for the Novice

Thursday • 1 - 3 pm

August 26..... 1 class

R \$5 **NR** \$6

It's never too late to start! This workshop is designed for the person who is brand new to computers. We'll cover such topics as hardware, software and the keyboard. You'll have hands-on time to experiment, and by the end of this workshop you'll be confident and comfortable in a computer-oriented environment.

Computer Solutions

Friday, July 9 • 1:30 - 3 pm

Free

If you're having a problem with your computer, or have a few questions, stop in the Computer Lab for some one-on-one help from our knowledgeable volunteers. *No need to register.*

Exploring Vista/Windows 7

Mondays • 10 am - Noon

July 12 - Aug 16..... 6 classes

R \$18 **NR** \$24



This course will help you become familiar with the different look of the Vista and Windows 7 operating systems. We'll cover topics like the Control Panel and accessories including the Snipping Tool, Calculator and Paint.

Fun & Fitness for the Brain

Tuesdays • 1 - 3 pm

July 13 - Aug 3..... 4 classes

R \$12 **NR** \$16

Mental, as well as physical exercise, keeps the brain active. Just as we vary physical workouts, we also need to try new and different mental exercises. This class will show you hundreds of different activities that are not only fun to do, but also help keep our brains fit. *Prerequisite: Basic Computer Skills or similar computer experience.*

Laptop Café

Thursday, August 12 • 1:30 - 3:30

Free

Bring your laptop and your questions. Learn how to connect to wireless internet access in the Senior Center and other buildings and discuss any issues you may have with your laptop computer.

The Ins & Outs of Using Vista

Thursday • 1 - 3 pm

July 15..... 1 class

R \$5 **NR** \$6

This workshop will explore Microsoft's Vista operating system and its different features. Individuals who have Vista on their laptop are encouraged to bring their laptops to this class for hands-on time to experiment.

The Ins & Outs of Using Windows 7

Thursday • 1 - 3 p.m

July 22..... 1 class

R \$5 **NR** \$6

This workshop will explore Microsoft's Windows 7 operating system and its different features. Individuals who have Windows 7 on their laptop are encouraged to bring in their laptops for hands-on time to experiment.

Seminar

The Many Faces of Google

Thursday, July 22 • 12:30 - 1:30 pm

Free

We'll use a series of presentations and demonstrations to illustrate the numerous capabilities of the popular Google website. This includes searching, shopping and browsing the web. Also included are e-mailing, organizing information of various types, locating places worldwide, creating a personalized website/homepage, and many other capabilities. Register in office.

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Q. I have recently adopted a dog and would like to walk him through the woods. I am terrified that one of us will get Lyme Disease. Could you suggest ways to avoid this?

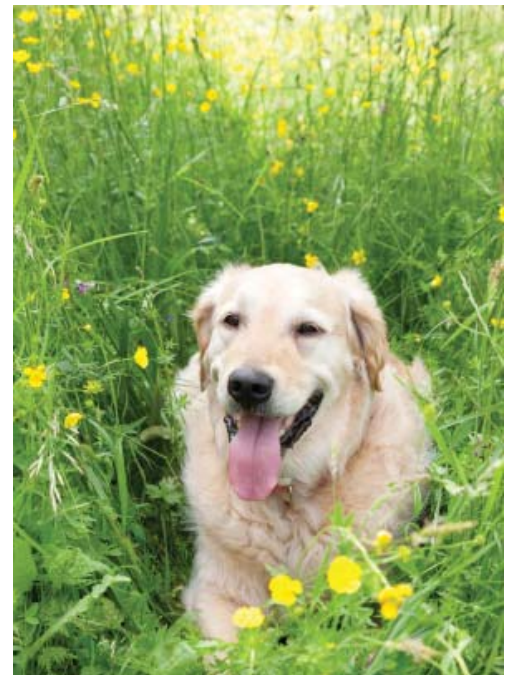


A. Lyme disease is a tick-borne illness that causes symptoms ranging from rash, fever, and chills to joint swelling, weakness and temporary paralysis. Deer ticks can harbor and spread the disease. You are more likely to get Lyme disease if you spend time in grassy, heavily wooded areas. Because ticks attach easily to bare skin, you need to protect yourself by

wearing long sleeves and long pants tucked into your socks if you must walk in tall weeds and grass. Do not allow your puppy to wander in tall weeds and grass and check yourself and your pet immediately after a walk. If you remove a tick within two days, your risk of acquiring Lyme disease is low.

Always check your skin to look for a rash. A small red bump may appear within a few days to a month, often at the site of the tick bite. It may be warm to the touch and mildly tender. Over the next few days, the redness expands, forming a rash that may be as small as our fingertip or as large as 12 inches across. **It often resembles a bull's eye, with a red ring surrounding a clear area and a red center. The rash is one of the hallmarks of Lyme disease, affecting about 70-80% of those infected.**

If treated with the appropriate antibiotics in the early stages of the disease, you will most likely recover completely. It is important to see your doctor immediately if you recognize the hallmark rash.



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